

# WELCOME NEWSLETTER



TERM 1, 2024



## Welcome

We are so excited to welcome new and returning families to Ride Ave for 2024. We hope that you are all settling in to new routines and experiences; we are having a wonderful time getting to know all the children. If you have any questions or concerns, our friendly staff are always up for a chat - in person, email, Dojo messages phone call (out of session times).

01/08

*We are a child-safe service.*

## Key Dates

- 19th February - Welcome BBQ 5-6pm
- 3rd March - Working Bee 9.30-11am
- 4th March - Committee Meeting 6pm
- 11th March - Labour Day Public Holiday
- 18th March - Night at the Northo
- 28th March - Last day of term

## 3 year old kinder

- 18th March - Wombat Family Afternoon Tea 12.30pm
- 19th March - Wallaby Family Afternoon Tea 12.30pm

## 4 year old kinder

- 20th February - Koala/Platypus Planet Tidy Incursion
- 22nd February - Possum/Echidna Planet Tidy Incursion
- 19th March - Koala/Platypus Afternoon Tea 12.30-1.45pm
- 21st March - Possum/Echidna Afternoon Tea 12.30-1.45pm

# Staff Profiles



## Mrs Deb

Early Childhood Teacher - 4 year old kindergarten

I love working in Early Childhood Education as it is a magical time in a child's life. It gives me the opportunity to nurture and foster the desire to learn, build a meaningful relationship with the child and watch their growth over the year.

The best thing about Ride Ave is it's beautiful atmosphere. It is a warm and welcoming Kinder with amazing Educators and a fantastic outside play area.

## Cristie

Early Childhood Teacher - 3 year old kindergarten

I love working in early childhood education because I absolutely love working with children and nurturing their love of learning.

The best thing about Ride Ave is impossible to define; I love so much about our kinder, from the incredible learning spaces to our amazing team of teachers and educators who are truly invested in getting the absolute best outcomes for each and every child, to the children and families we get the pleasure of working with each year.





## ClassDojo

Please regularly check ClassDojo for learning reflections, photos, upcoming events and other important information. Some families have reported they are not always receiving notifications so please be proactive in checking the app.

### Family Involvement

We love parents and caregivers getting involved in our kinder program - and the children love it too. If you would like to share any special skills\* with the children, have a chat to the room teacher or educators.

\*'special skills' could include art/craft, cooking, yoga, reading stories, bringing pets to visit, woodwork, gardening - anything you can think of!

## Donations

Children in the 4 year old program are showing a strong interest in everything farming. If you have any preloved and no longer used toys relating to farm play (eg farm machinery, fences, farm animals etc) we would love to add more to our collection at kinder!

# What's been happening in 4 year old kinder



Exploring, climbing, cutting, painting, flipping, building, hiding, pasting, listening, jumping, sharing, puzzling... our 4 year olds are settling beautifully into kinder! We are focusing on getting to know each other, learning our routines and having fun playing together at kinder.



# What's been happening in 3 year old kinder



A wonderful start to 3 year old kinder. Our first few weeks have been about becoming familiar with our learning environment and feeling safe, secure and supported at kinder.





# W-SITTING

## What is "W"-sitting?

- When sitting on the ground, the child's bottom, knees, and feet are all touching the ground, with the feet resting outside of the knees
- When looking at the seated position from above, it resembles the letter "W"
- Hips rest in flexion, internal rotation, and adduction

### Why do kids "W"-sit?

#### 1: Structural Abnormality of the Hips



- **Femoral Anteversion** – when the head and neck of the femur is rotated anteriorly in relation to the transcondylar axis of the femur
- Hip internal rotation is the preferred position (in both walking and sitting), leading to preference for in-toeing and "W"-sitting

#### 2: Core Weakness or Poor Balance



"W"-sitting position results in a larger base of support, which could be used as a compensatory strategy for abdominal and trunk extensor weakness or poor static balance

#### 3: Habit



- Children can begin exhibiting this hip positioning (flexion, abduction, and internal rotation) as early as 6 months in a multitude of positions, including:

- Crawling on hands and knees, with knees positioned outside of hips
- Kneeling with knees outside of hips
- Transitioning from sitting to hands and knees without moving through side-sitting

- Many children begin "W"-sitting for a multitude of reasons, but they soon realize that this position requires less muscle activation and achieves more stability, leading to increased reliance on "W"-sitting

#### 3: Pigeon-Toed, or In-Toeing Walking Pattern



- Increased hip internal range of motion, decreased hip external range of motion, and hip abductor weakness can contribute to in-toeing gait pattern
- Some in-toeing gait can be attributed to femoral anteversion

#### 4: Decreased Trunk Rotation

- Poor trunk extension due to posterior pelvic tilt can limit ability to turn trunk from side to side
- Notice the difference in ability to turn from side to side between sitting hunched over and sitting with good posture
- Inability to play while exhibiting trunk rotation can impair body's ability to integrate left and right sides of the body, leading to decreased coordination



#### 5: Delayed or Impaired Fine Motor Development



- Trunk rotation is also important for midline crossing
- Midline crossing and bilateral coordination (integrating movement of left and right side of the body) are important for fine motor development
- Children should begin utilizing both hands in play as early as 8 months when they transfer objects from one hand to another
- Higher level fine motor tasks, such as fastening a button, require more coordinated effort between both left and right hands

#### 6: Stress on Joints

- Resting with the hips in flexion, abduction, and internal rotation, as seen with "W"-sitting, places the hip joint in maximum contact with both bones of the joint
- Excessive time spent in these positions of maximum contact can lead to hip pain as a young adult and osteoarthritis as an adult

#### 7: Back or Hip Pain as an Adult



- Prolonged time spent in any position of poor posture, such as sitting with a posterior pelvic tilt, can cause trunk extensor weakness and excessive loading through specific spinal segments
- >50% of Americans will experience low back pain at one point in their life, with many causes due to trunk extensor weakness and poor sitting posture for prolonged periods of time

- Femoroacetabular Impingement is a cause of hip pain due to excessive contact between the 2 bones of the hip joint (head of the femur and acetabulum/acetabular labrum of the pelvis)
- Excessive friction between these 2 areas can result in hip pain in young adults and predisposes an adult to osteoarthritis
- It is treated through conservative treatments such as exercise and stretching, or surgical options to reduce friction
- Sitting with flexion, adduction, and internal rotation ("W"-sitting) increases the friction between this one area of the hip joint

### "W"-sitting Solutions

#### 1: Alternative ways to sit



- Tailor Sitting, or "Criss-Cross" Sitting: sitting with hips in flexion, abduction, and external rotation
- Long Sit: sitting with knees extended and hip flexion, with or without trunk support
- Side-Sitting: sitting with both feet to one side, with one hip in internal rotation and one hip in external rotation

- Squatting: encourages lower extremity and core strengthening
- Prone: laying on belly, supporting self on forearms
- Sitting on a Chair or Low Stool

#### 2: Core Strengthening

- If the underlying cause of "W"-sitting is core weakness, a home exercise program aimed at strengthening the child's core will help the child feel stable in other sitting options

#### 3: Hip Stretching



- Prolonged "W"-sitting can result in shortening of the hip abductors, solei, and hamstring muscles, making it difficult to achieve or maintain alternative sitting postures
- Exercises aimed at stretching muscles that have been shortened will help a child achieve alternative sitting postures

#### 4: Repetition and Verbal Cues

- Consistency with a verbal cue will help a child associate a specific phrase with changing their sitting posture, such as "Fix your legs" or "Criss-cross- applesauce"

#### 5: Seek Help

- Have your child see a licensed Physical or Occupational Therapist
- An experienced therapist will help your child work on strategies to decrease "W"-sitting and increase proper postural positions

### What is wrong with "W"-Sitting

#### 1: Decreased Core Activation



- Due to wide base of support afforded with "W"-sitting, less core muscle (trunk extensors and abdominals) activation is required to maintain position
- This wide base of support also limits the child's need to shift weight from side to side during play, resulting in decreased use of lateral and posterior balance reactions

#### 2: Poor Posture



- "W"-sitting encourages excessive posterior pelvic tilt, which can result in slouching
- Excessive hunching over results in minimal trunk extensor activation
- Creates a cycle of poor sitting posture due to muscle weakness, resulting in poor sitting posture

For more on Childhood Development including infographics, checklists, blogs, e-Books and webinars please visit [www.KidsBlossom.com](http://www.KidsBlossom.com)



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# Our Community

## Why get involved?

Research in Australia and overseas has shown that greater parental involvement in children's learning and educational activities leads to better outcomes not only for the child, but for their families and communities as well.

## How can I get involved?

- volunteer at a session
- attend a working bee
- join the committee



 **TOILET TRAINING** 

Parent information session for supporting toilet training

The presentation will be run by Occupational Therapist (OT) Jane Harrison, from Merri Health.

What the presentation will cover:

- Are they ready?
- Toilet training tips: preparation
- Toilet training tips: plan
- Toilet training tips: stay positive

Where: Online event, via Zoom

When: Wednesday March 27th  
10:00am- 11:00am

Registration via Event Brite  
[Click here to register](#)

Merri Health School Readiness Program





**We value your feedback**

The Committee of Management would love to hear from you. If you have any feedback, concerns or suggestions, you can scan the QR code below and fill in a short online form. All entries can be kept anonymous.



*scan here for feedback form*